

I AM  
BECOMING  
THE BEST  
VERSION OF  
MYSELF

EVERYTHING IS ALIGNING.

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BECOMING  
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A journal designed for you to become  
the best version of yourself.

By Evelise Guenda

EVERYTHING IS ALIGNING.

# AUTHOR NOTES

Some people think that you can only be born successful. Others don't even believe in dreams. I created this journal to give guidance to those who believe their dreams can be achieved.

This journal is meant to help you become consistent.

Dear Universe,  
I am ready to begin the  
next chapter of my life  
Bring it on.

EVERYTHING IS ALIGNING.

What impact do I want to have in this world?

What are the words that best describe myself?

What qualities do I admire the most about myself?

What are your g

MY HEALTHY HABITS

Week of \_\_\_\_\_

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NOTE TO SELF: Six months from now you can be in a completely different space.

EVERYTHING IS ALIGNING.

# REMEMBER

You are creating the life of  
your dreams.

EVERYTHING IS ALIGNING.

...../...../2021

How was your day?

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How are you feeling?

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What did you learn today?

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EVERYTHING IS ALIGNING.



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Today I am really grateful for:

Today I learned:

Something I will improve on in the future:

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# DAILY AFFIRMATIONS

# SELF LOVE

My unique spirit brings tons of light to the world

I am so thankful for this beautiful life

I forgive myself for past mistakes

I will never stop loving myself no matter what

I am amazing

I am talented and intelligent

I am thankful for all that I have

I can achieve anything I set my mind to

I am worthy

I accept myself just as I am

I am unique

I deserve the best

I accept the best

I will not compare myself to others

I am proud of myself and all that I have

accomplished

EVERYTHING IS ALIGNING.

# MOTIVATIONAL

I have the power to accomplish everything I need to do today

Things are always working out for me

I enjoy struggling because I always find happiness and victories

I will always work harder

I never stop fighting for my future

I am a powerhouse and I take care of business

I can do this

I can conquer anything

I choose happiness today

I am the creator of my life

I can focus my energy on what I am good at

All I need to do is take the next tiny step

My actions create constant prosperity

I am energized

I will accomplish my dreams

My income is constantly increasing

**EVERYTHING IS ALIGNING.**

# RELEASE & LET GO

I let go of what no longer serves me

I release all timing beliefs

I release self-doubt

I let go of fear

I release attachment to outcome

I release toxic friendships

I let go of relationships that no longer serve my highest

I let go of worry

I release lack and know that the universe is abundant

I let go of negativity

I release all that is not in alignment with my life path

I release myself from unhealthy environments

I release negative words I spoke about others

I release negative words I have spoken about myself

I release toxic thoughts and emotions

**EVERYTHING IS ALIGNING.**

# REMEMBER

In a few months, you will thank  
yourself for not giving up  
today



# QUOTES

EVERYTHING IS ALIGNING.

"The trick in life is learning how to deal with it." -Helen Mirren

"A life is not important except in the impact it has on other  
lives." - Jackie Robinson

"If you don't like something, change it. If you can't change it,  
change your attitude." - Maya Angelou

"All our dreams can come true, if we have the courage  
to pursue them." - Walt Disney

"You only live once, but if you do it right, once is enough." - Mae  
West

"It does not matter how slowly you go as long as you don't  
stop." - Confucius

You can't be happy unless you are unhappy sometimes."  
-Lauren Oliver

"Life is 10% what happens to you and 90% how you react  
to it." - Charles R. Swindoll

**EVERYTHING IS ALIGNING.**

"Things turn of best for the people who make the  
best of the way things turn out."

- John Wooden

"The journey of a thousand miles begins with one step."

- Lao Tazu

"Life can only be understood backward but it must be lived  
forwards." - Soren Kierkegaard

"The secret of getting ahead is getting started."

- Mark Twain

"Life is short, and it is up to you to make it sweet."

- Sarah Louise Delaney

"May you live every day of your life." - Jonathan Swift

"Life is a book and there are a thousand pages I have not yet  
read." - Cassandra Clare

"Either you run the day or the day runs you." - Jim Rohn

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# REMEMBER

You are so close to what you want.

Just relax.

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